



**Under the direction of  
Carol Baker-Fulco, MS, RD**



# Building A Performance Diet

# POWER

## PERFORMANCE

THE NUTRITION CONNECTION



















**Average  
170 lbs.**





**Average  
130 lbs.**





**Avg. Body Fat**  
**Male 17 - 20%**



**Avg. Body Fat**  
**Female 25-30%**







**3000-4000  
Calories**





**2000-3000  
Calories**



A group of soldiers in black t-shirts and camouflage pants are running through a grassy field towards the camera. In the background, there are dense green trees and hills. The scene is slightly out of focus, emphasizing the text overlay.

## ***DAILY FOOD INTAKE***

**55-60% carbohydrate**

**12-15% protein**

**20-25% fat**

**vitamins, minerals**

**fiber**

**water**















55-60% carbohydrates







vegetables 3-8 servings





**1 Serving**



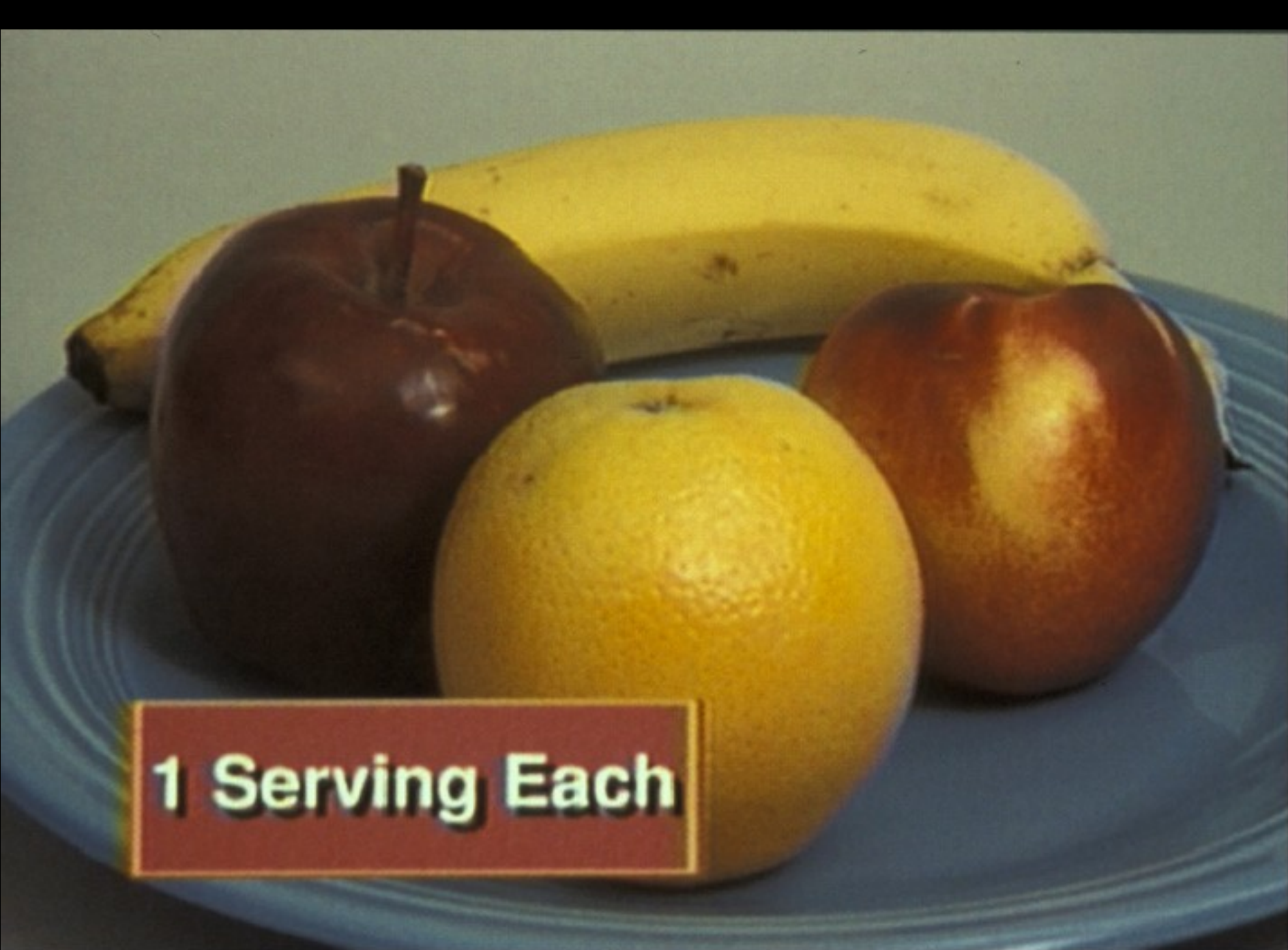
**1 Serving**





fruits 7-14 servings





**1 Serving Each**



**1 Serving**



**1 Serving**





carbohydrates - grains  
16-27 servings



**2 Servings**







**3 - 4 Servings**

**4 Servings**







**2 Cups =  
4 Servings**

12- 15% protein







**5-8 Ounces**



**1 Day's Meat  
Allotment**





**2 Days' Meat  
Allotment**

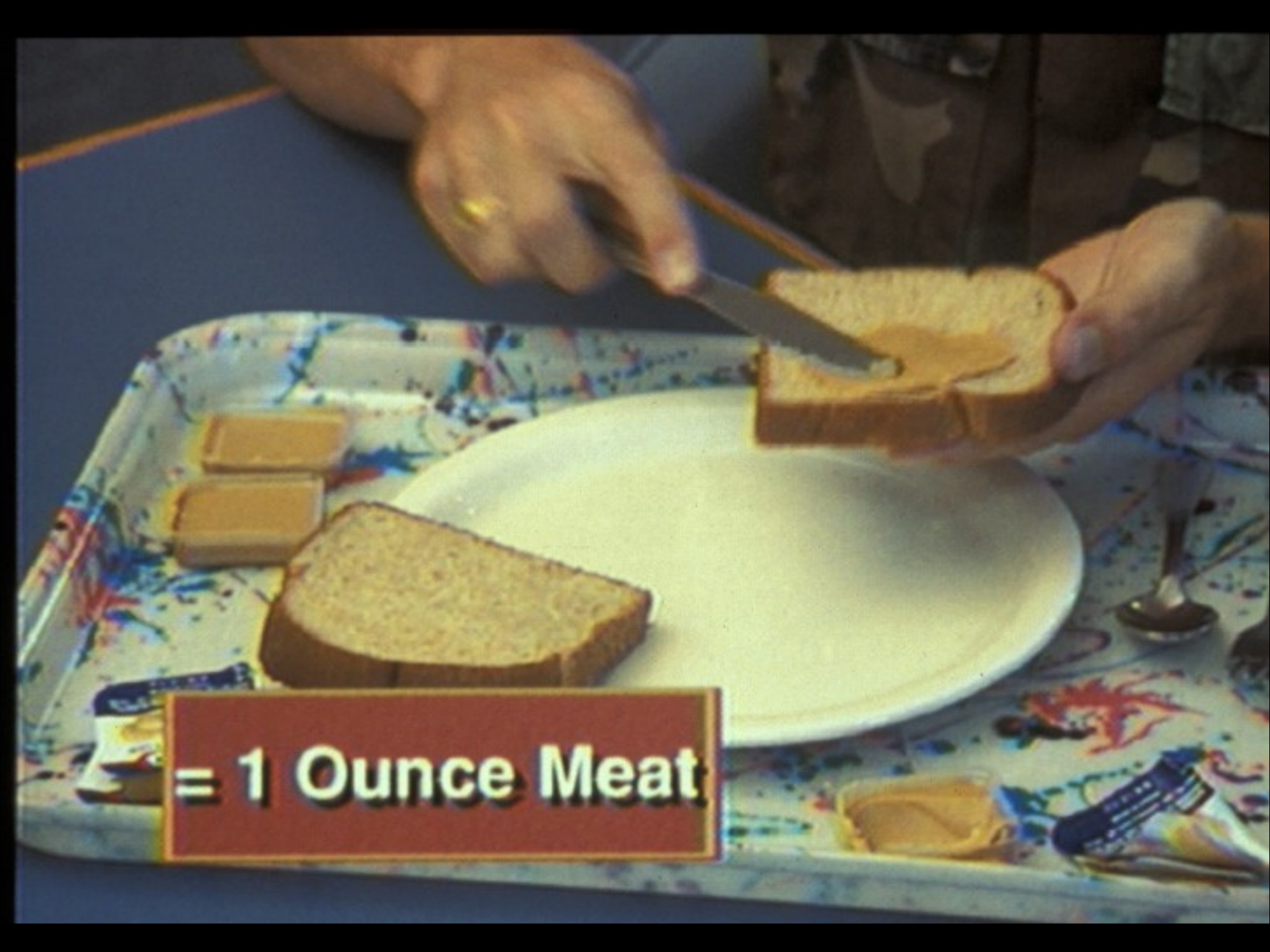


**= 1 Ounce Meat**





**= 1 Ounce Meat**

A close-up photograph of a person's hands spreading peanut butter on a slice of white bread. The person is using a butter knife. The bread is held in the left hand, and the knife is in the right hand. The background shows a colorful, patterned surface, possibly a tablecloth or a tray. There are other slices of bread and a container of peanut butter visible in the background.

**= 1 Ounce Meat**



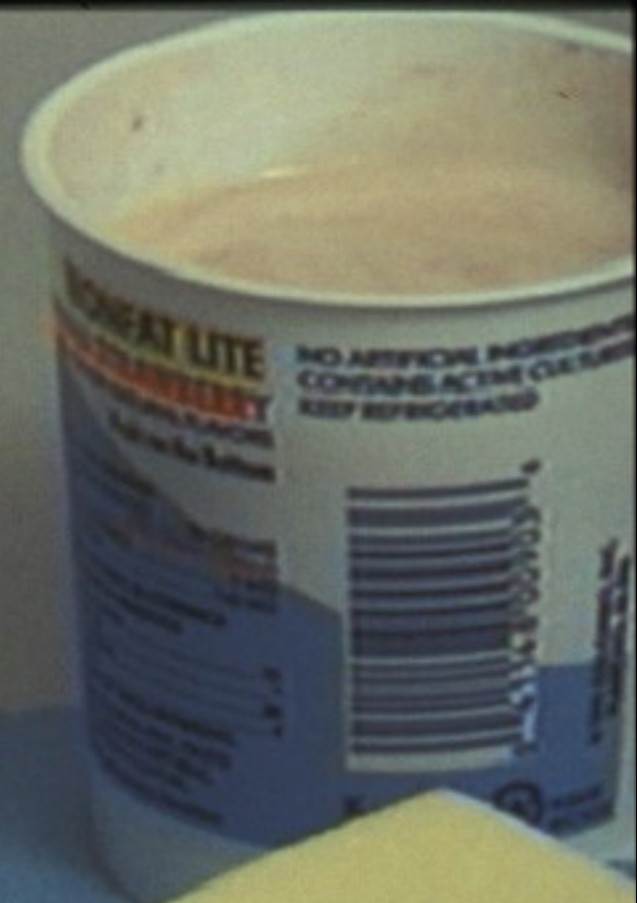


**2 - 4 Servings**



**1 Serving**





**1 Serving**



**1 Serving**







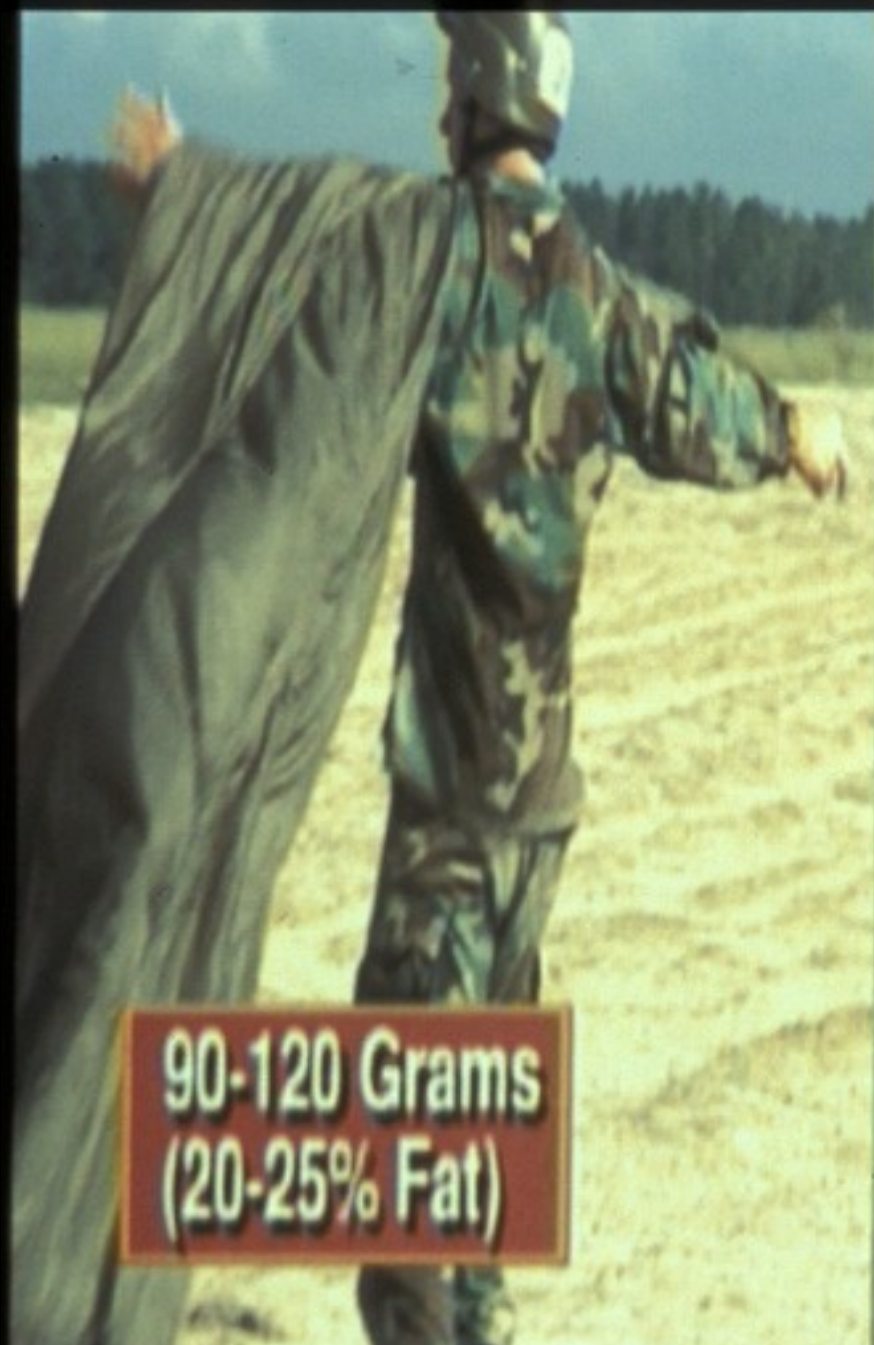




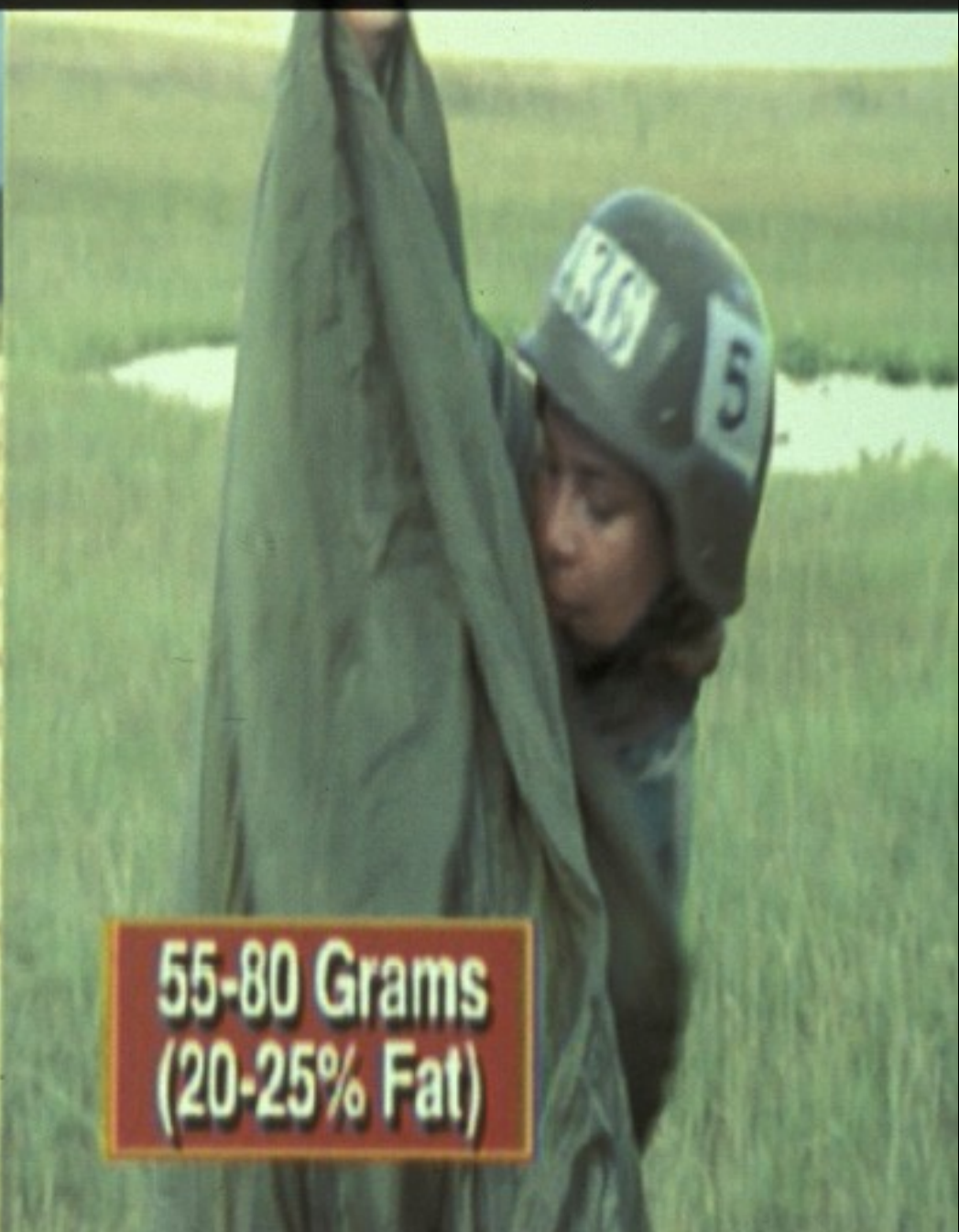
A food pyramid diagram with three levels. The top level is the smallest and contains a white can labeled 'SUGAR' and a yellow stick of butter. The middle level is larger and contains the text '20-25% of calories'. The bottom level is the largest and is empty. The background is a solid blue color.

**SUGAR**

**20-25% of calories**



**90-120 Grams  
(20-25% Fat)**



**55-80 Grams  
(20-25% Fat)**





**30-50 Grams Fat**



**36 Grams Fat**





**36 Grams Fat**



**80 Grams Fat**





**61 Grams Fat**

**48 Grams Fat**







**+15 = 63**  
**Grams Fat**





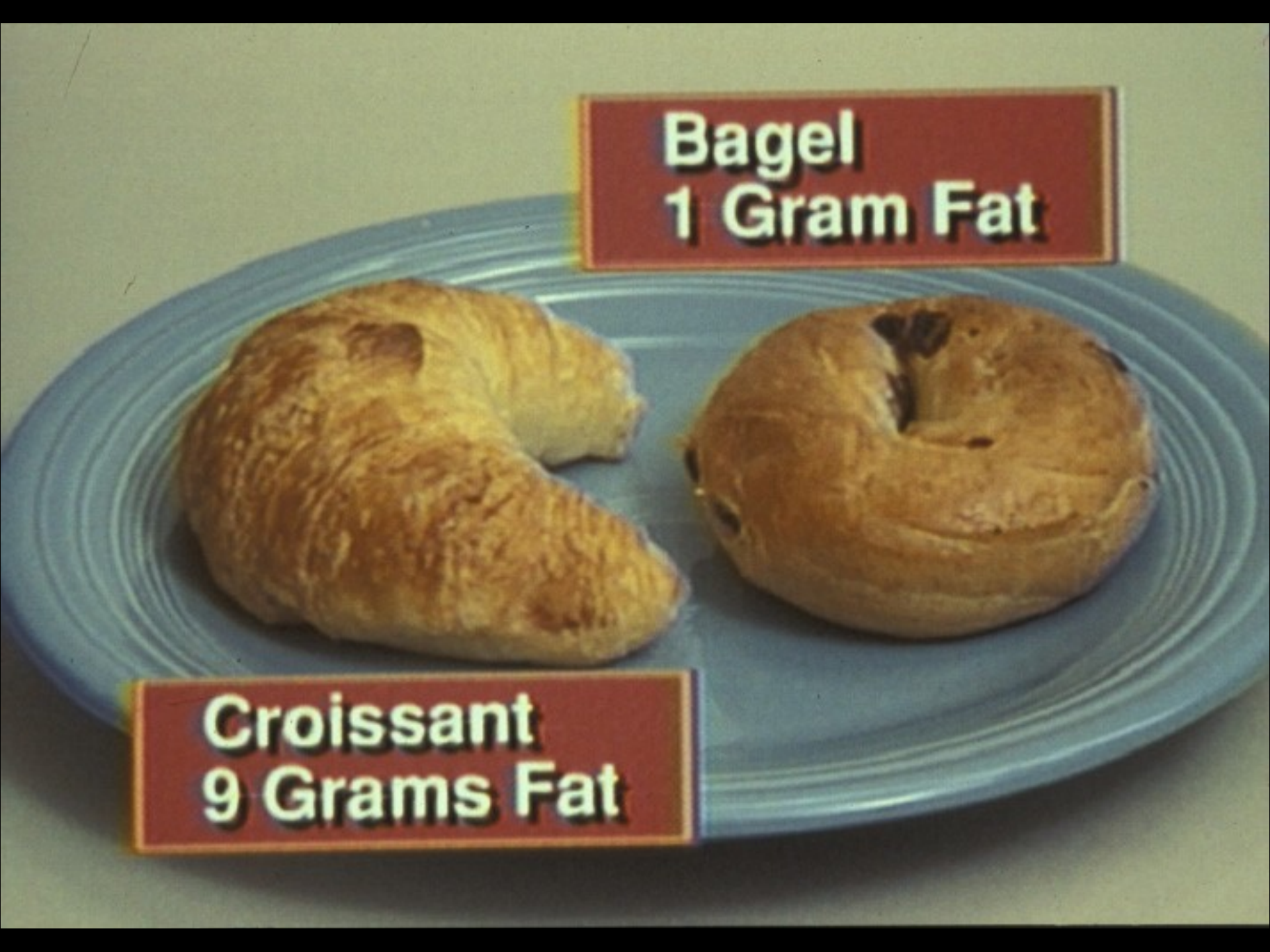






**100 Calories**  
**< 1 Gram Fat**



A photograph of a croissant and a bagel resting on a light blue plate. The croissant is on the left, and the bagel is on the right. Both are golden-brown and appear to be freshly baked. The background is a plain, light-colored surface.

**Bagel**  
**1 Gram Fat**

**Croissant**  
**9 Grams Fat**






**350 Calories**  
**22 Grams Fat**

**Bagel**  
**1 Gram Fat**

**Doughnut**  
**18 Grams Fat**





A glass of whole milk with a straw, next to a carton of milk. The glass is filled with a thick, white liquid. The carton is partially visible in the background, showing the word 'MILK' and a logo. The background is a solid blue color.

**Whole Milk  
8 Grams Fat**

**Lowfat Milk  
2.5 Grams Fat**



**54 Grams Fat**



**12 Grams Fat**



**54 Grams Fat**








# Three Meals A Day







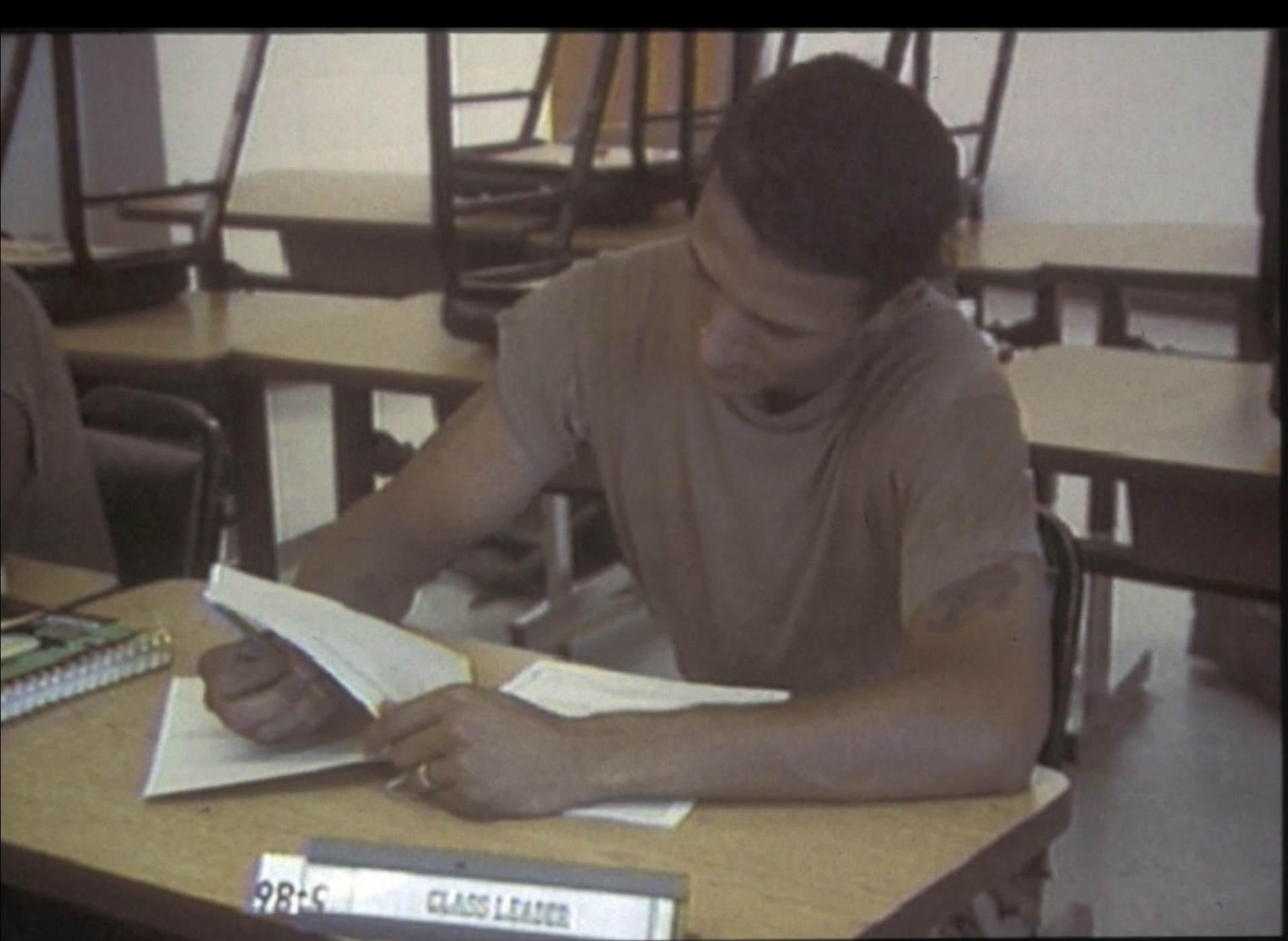
A young man with light brown, wavy hair is seated at a table, looking down at his food. He is wearing a dark camouflage military uniform with the name 'HAUSER' visible on the left chest. He is eating from a green tray that contains a plate of food, a bowl of soup, and a bowl of salad. A gold watch is visible on his left wrist. The background is dark and out of focus.

**Make Changes  
Gradually**





**Don't Give Up  
Favorite Foods**

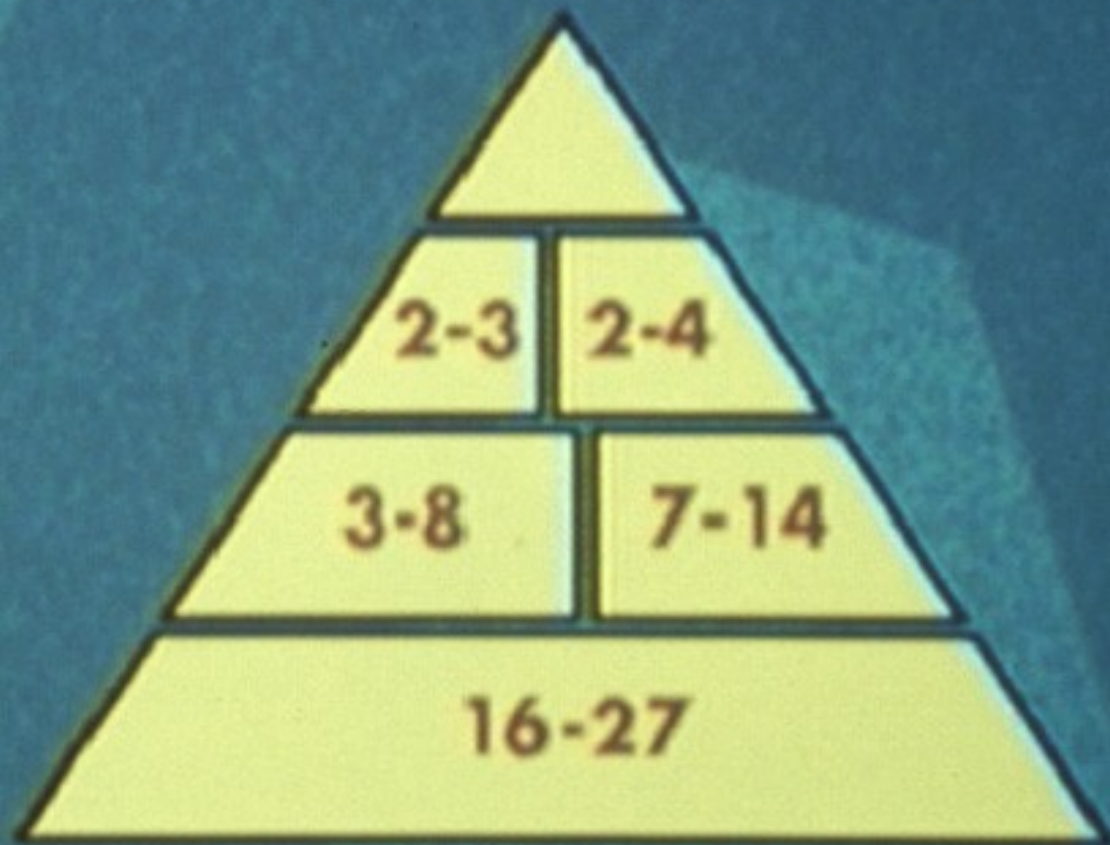




## Less Active



## Heavy Activity















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